

HEAR

Listen
Openness
Willingness
Non-judgment
Curiosity

EXPECT

Positive Focus
Faith
Commitment
Non-resistance
Detachment
“Never expect a thing you do not want and never desire a thing you do not expect.”

ACEPT

Not resignation
...whatever we're feeling
...where we are right now
...what must be done to heal
...radical self responsibility

LOVE

Unconditional acceptance
See everything as ONE (connected, whole, perfect)
Become the change you wish to see in your world